



10 pointers for improving the quality of your application

1. Read all the literature about the program chosen (Web file, form, Common Rules and Regulations, etc.) before starting the application process.
2. Start putting your application package together as soon as the e-forms are available.
3. Make sure that your director will work with you throughout the application process.
4. Use space wisely so that the application is readable and easy to understand.
5. Clearly report all awards, grants or distinctions obtained.
6. Report all information concerning publications and their status (see PubMed for format information) and about lectures or posters (authors, title, event, place, date).
7. Provide a clear and concise description of your participation in research projects and research training internships.
8. The proposed research project must be original and presented clearly and concisely. The various sections (research problem and hypotheses, objectives, relevant methods and analysis, contribution to the advancement of knowledge) must be balanced and any acronyms defined.
9. If degrees or diplomas were obtained outside of Canada, the grading system must be explained.
10. Clearly and fully report all information pertaining to your eligibility and to evaluation of the application (illness, parental leave, work-study combination, etc.).